



www.grandparentsqld.com.au

Time for Grandparents GRAND MATTERS NEWSLETTER

December 2017

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It is

Christmas

in the heart that puts
Christmas in the air.

W.T. Ellis

Contact Details

Time for Grandparents Program

PO Box 2376

Chermside Central QLD 4032

Ph: 1300 135 500

E: grandparentsinfo@uccommunity.org.au

W: www.grandparentsqld.com.au

Grandchildren's Activities Term 1 Renewal Reminder

Are we funding term-based activities for your grandchildren? If so, please remember you need to contact us prior to the commencement of each term to discuss continuing your grandchild's choice of activity and the availability of funding. We need the following information from you in order to process the payment as quickly as possible: 1) Name of the activity provider or club 2) Contact person's name and phone number/email 3) Sign-on date, activity start and finish date; and 4) the cost of the activity. You can phone us on **1300 135 500**.

School Holiday Activities

Do you have activities planned over the school holidays?

The Time for Grandparents Program may be able to help with ideas to keep your grandchildren engaged over the school holidays. Ideas include:

- Your local library - free daily activities are provided for children of all ages
- PCYC- Police Citizens Youth Club Qld have vacation care programs in Qld
- Carerslink provide holiday events for youths with a disability.
- Scripture Union Camps Qld <http://sucamps.org.au/> run close to 100 camps across Queensland for primary and high school students.
- School Holiday Directory <http://www.schoolholidaydirectory.com.au/categories> has a list of activities e.g. camps, art, craft, outdoor activities and vacation care.

Please give us a call if you would like further assistance in finding an activity for your grandchild over the school holidays. Phone 1300 135 500.

Events for the Grandchildren

If you would like to find child and family-friendly events occurring throughout Queensland each month, click [here](#) or visit the Events section on our website.

Tell us what you think

UnitingCare Community values all compliments, complaints and feedback. To provide a compliment, make a complaint or offer feedback you can call us on **1300 135 500**.

Contribute to the Newsletter

If there is information on a particular topic that you would like to see included in our newsletter, or you would like to share your story with others then please send your thoughts or ideas to our contact details to the left. All ideas are welcome.



UnitingCare Community Values Compassion | Respect | Justice | Working Together | Leading through Learning

UnitingCare Community Services Lifeline | Child and Family Care | Counselling | Crisis Support | Disability Support | Social Inclusion

Get Started Vouchers Round 11



Taking Care of Yourself

Round 11 applications open 24 January 2018:

Get Started is a program funded by the Queensland Government that assists young people to participate in sport and recreation activities. Families of eligible children can apply for vouchers valued at up to \$150 each per child for use at a sport or recreation club registered with Get Started. Round 11 applications open on the 24th January 2018 and must be presented to a registered club by 11th May 2018. There is a limit of one voucher per child per calendar year. It is a web based application process, so if you do not have access to a computer please contact Time for Grandparents as we may be able to assist. Please call prior to the open date so we can organise a permission form to apply on your behalf.

Who is eligible? Children aged 5-17 years (inclusive) who are Queensland residents and hold, or whose parent, carer or guardian holds a Centrelink Health Care Card or Pensioner Concession Card with the children listed as dependants.

Need more information?

Phone: Smart Service Queensland on 137468

Email: getstarted@nprsr.qld.gov.au

Web: <https://www.qld.gov.au/recreation/sports/funding/kids/>



Taking care of yourself is an important part of your caring role. Keeping well and asking for help when you need it will help you and the grandchildren you're caring for.



Time for yourself

Even 15 minutes each day doing something you enjoy – reading, going for a walk, weeding the garden – will help. It might be before the children get up in the morning or after they go to bed, but it's still time for you. You can also ask your family or friends for help so that you can have longer breaks.

Connecting with others

Spending time with family and friends can remind you that other people care about you and your grandchild. Just having other people around with your grandchild can take the pressure off you. And you can talk to friends and family about what's happening, and ask for help if you need it.

Dealing with feelings

It can help to write a journal about your feelings. By looking back at the last week or month, you'll be able to see how far you've come on your caring journey. If you're feeling that you've lost control of your life, it can help to make decisions about the things you can control. For example, just deciding what you'd like to do each day can give you back some feeling of control.

Wellness

If you're well, you're in good shape to care for your grandchildren. And you'll probably feel better in yourself too. Looking after children can be stressful, but high levels of stress can make it hard to cope. If you're feeling stressed, you could try relaxation exercises such as deep breathing, muscle relaxation or walking.

Source: www.raisingchildren.net.au

ASSISTANCE WITH BACK TO SCHOOL COSTS

Would you like some help with the cost of school books, uniforms and excursions?

The beginning of another school year can be a tricky time to balance all the financial demands of needing new books, stationery, uniforms and having to pay for upcoming school camps and excursions.

Speak to the Guidance Officer, Principal, Deputy Principal or form teacher at your child's school to discuss how they may be able to assist you. It could also be worth your while to speak with your local Neighbourhood Centre as they may well be able to advise you about what assistance is available in your local community.

If the school is unable to provide assistance, the following agencies may also be able to help you if you are finding this a difficult time:

- **St Vincent de Paul Society** - you may receive food, clothing and other assistance on assessment by contacting the Call and Support Centre. If approved, the Call and Support Centre will then forward your request to your closest Support Centre.
Phone: 1800 846 643
- **The Smith Family - Learning for Life Program** may be able to provide financial assistance to help disadvantaged families afford the cost of their child's education. For more information:
Phone: 1800 024 069
- **The Salvation Army** - if you find yourself in crisis and are in need of material or financial assistance this phone number will connect you with The Emergency Relief Assessment Team which may be able to assist with the provision of immediate basic needs including food, clothing and household items.
Phone: 1300 371 288
- **Savers Plus Program** - if you have a Health Care Card or Pension Concession Card and have *any* paid employment the Savers Plus Program may be able to match you dollar for dollar up to \$500 to save for education costs.
Phone: 1300 610 355

- **NILS - No Interest Loan Scheme** - provides families on low incomes with access to safe, fair and affordable credit. If you have a Health Care Card or Pension Concession Card, or earn less than \$45,000 a year (after tax), loans are available for education essentials such as computers and text books.

Phone: 136 457

Whilst a lot of people find it difficult to approach these services, just remember that they are set up to help anyone in financial distress and if you are considering accessing their services then you are likely to be exactly who the services are catering for. Please be aware that the demand on these services can outweigh supply, so not everyone is guaranteed assistance but they will do their best to help you.

Don't hesitate to ask for help if you need it!



Christmas Royals

Ingredients

- 2x 200g Arnott's Royals Biscuits, dark chocolate
- 200g white chocolate melts
- 1 x 180g Nestle Smarties
- 1 x resealable bag of mint leaves

Method

Step 1 Gather all ingredients.

Step 2 Lay out Royals on a serving platter.

Step 3 Melt white chocolate and place in a resealable bag. Snip off the corner of the bag.

Step 4 Pipe chocolate onto the Royals, allowing a little to run down the side. Top with one red Smartie on each Royal. Scatter mint leaves around plate.

CHRISTMAS SCAMS

Protect yourself these holidays

With Christmas just around the corner, SCAMwatch is reminding consumers to watch out for scammers taking advantage of the Christmas rush. Some scams include:

- Online shopping: scammers set up fake websites which offer popular items at great prices. These websites can be easily mistaken for legitimate online retailers, with sophisticated website designs that look just like the real thing.
- Fake parcel delivery scams, where scammers pretend either by phone or email, to be from a legitimate parcel delivery service such as Australia Post or FedEx. They may want to deliver the parcel at a cost. Alternatively, they may attach files to an email, which if opened, may lock your computer up and/or data may be lost.



How to protect yourself!

- Remember, if you come across a website with an offer that seems too good to be true, it probably is!
- If you receive suspicious correspondence about a 'missed parcel', contact the delivery company directly to verify that the correspondence is genuine. Be cautious to use any contact details provided in the correspondence from the company if you are suspicious.
- Find company contact details through an internet search or in the phone book. Do not rely on contact numbers provided.
- If a shopping site only offers payment options by money order or wire transfer, steer clear, as it is very rare to recover money sent this way. Only pay via secure payment methods - look for a website address starting with 'https' and a closed padlock symbol.

You can report scams to the ACCC via their website <https://www.scamwatch.gov.au> or by calling 1300 795 995.

SCHOOL HOLIDAYS

Tips for fun activities that won't cost a lot

If your purse is looking a bit bare after Christmas but you've still got to get through the rest of the school holidays, don't despair. There are plenty of fun ways to give the kids a good time that won't cost a lot (if anything).

Spark their imaginations

Introducing children to culture at a young age is invaluable. Galleries and museums aren't just for adults, aren't boring if you pick the right exhibition, and often offer free entry.

Have a family movie night

Take time out to curl up and have a movie night in. Make your own popcorn, close the blinds and watch a family favourite. It's a whole lot cheaper than taking everyone to the cinema.

Try some homemade activities

Look around the house and garden and you'll see a multitude of free activities for kids. Be it starting a collection (leaves, interesting stones, bottle tops), to making a dollhouse out of a shoebox, to making a jug of fresh lemonade there are plenty of ideas to keep kids busy.

Stage a bake-off

Children love to help in the kitchen, as well as licking the bowl afterwards! Once you're finished, set a timer and a prize for whoever clears up their section first.

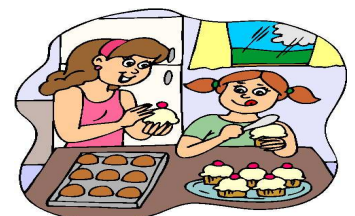
Write thank you letters

Your grandchildren will likely have received Christmas presents. Maybe they thanked the giver in person or on the phone but nothing beats a handwritten letter in the post. It offers practice at holding a pencil, as well as how to layout a letter and address an envelope.

Allow them to be bored once in a while

Having nothing scheduled is really good for kids in this over-scheduled, after school activity world of ours so let them be and take a well-earned break yourself. No child ever died of boredom!

Source: www.kidspot.com.au



GRANDPARENTS DAY and TIME FOR GRANDPARENTS

Grandparents Day is a chance for grandchildren, children and the community to thank grandparents for their love and support.

Celebrated annually in Queensland on the last Sunday in October, Grandparents Day recognises the significant contribution that grandparents make to their families and communities.

On October 27, staff members from the Time for Grandparents program attended a community event to celebrate Grandparents Day at the MKT Shopping Centre at Deception Bay. The event offered information about local services, as well as entertainment and activities for children.

Pictured at the event are:

Debbie - Centrelink Grandparent Advisor
1800 245 965
Dulcie and Kym - Time for Grandparents
1300 135 500.



FOOD PARCELS

Christmas is meant to be a time of celebration, however, if times are tough it can be especially difficult. If you are going through challenging times this year, enquire at these listed services as you may be eligible for food parcel assistance.

- **Nexus Care** - Everton Park

- offers a membership program for \$7 which entitles people to one parcel of food a month for three months.

Phone: 3353 7230

- **Picabeen Community Options** - Mitchelton

- has a very limited food pantry for food parcels available for people in need.

Conditions apply. To make an appointment:

Phone: 3354 2555

- **Salvation Army**

- if you need help with food parcels or gifts, contact your local Salvos via the Salvos Assistance Line.

Phone: 1300 371 288

- **St Vincent De Paul Society**

- may be able to offer the provision of food.

Phone: 1800 846 643

Please be aware that the demand on these services can outweigh supply, so not everyone is guaranteed assistance but they will do their best to help you.



Message Stick

Aboriginal and Torres Strait Islander

News, Articles & Information



Murri Christmas to all you deadly Grandparents and Grannies

The Time for Grandparents would like to wish you all a very safe and festive Christmas and New Year.

A new Family & Child Centre opening in Cairns in 2018

[UnitingCare Queensland \(UCQ\) given green light for Newpin Queensland pilot](#)

UCQ has received final approval from the Queensland Government to pilot 'Newpin Queensland' in three locations across Queensland to address Indigenous disadvantage.

Under a Social Benefit Bond (SBB), UCQ will establish three Newpin Centres in Queensland, with the first centre to open in Cairns by 2018.

"Newpin is a new approach for Queensland that has the potential to dramatically reduce the number of Aboriginal and Torres Strait Islander children living in out-of-home care.

"Aboriginal and Torres Strait Islander children are nine times more likely to be removed from their parents and placed in out - of - home care than non-indigenous children, and currently account for more than 40% of the children in care across Queensland.

Newpin Queensland is an evidence-based, intensive, therapeutic program aimed at breaking the cycle of intergenerational child neglect and abuse. It involves working with families to reunite them with their children currently living in out-of-home care.

Mr McCracken (UCQ Group Executive) said the program provided parents with the opportunity to address their own emotional issues, improve bonding with their children, develop positive parenting skills and build family resilience.

"UnitingCare Queensland will work in partnership with local Aboriginal and Torres Strait Islander communities to support families by empowering them to take control of their future."

"Our focus will be to build capacity within the local Aboriginal and Torres Strait Islander communities by empowering them to lead the development, implementation and delivery of key components of the Newpin Queensland program," said Mr McCracken.

Wuchopperen Health Services CEO Debra Malthouse welcomed the Newpin initiative as a critical opportunity to reduce the ongoing high levels of removal of Aboriginal and Torres Strait Islander children in Queensland.

Ms Malthouse said "Wuchopperen's involvement in this welcomed initiative will ensure greater empowerment of our families in the child protection process and this will inevitably lead to better outcomes for both families and children."

(Media contact: media@ucareqld.com.au)

WHAT'S ON IN YOUR AREA?

Events happening across Queensland

Sunshine Coast

- ◆ Christmas in Cooroy December 1 - 2
- ◆ Mooloolaba Christmas Boat Parade December 16
- ◆ Carols on Kings Beach December 16

Gold Coast

- ◆ Christmas in the Park Pacific Pines Dec 9
- ◆ Coolangatta Christmas Carols Dec 10
- ◆ Carols on the Beach Surfers Paradise December 23

Brisbane

- ◆ Greenbank Christmas Extravaganza December 1
- ◆ Lord Mayor's Seniors Christmas Parties December 4 - 8
- ◆ Caboolture Christmas Carols December 17



Central QLD & Wide Bay

- ◆ Gladstone Christmas Street Party Dec 3
- ◆ Pageant of Lights Bundaberg December 7
- ◆ Gin Gin Santa Fair December 9
- ◆ Carols in the Park Maryborough Dec 10

Toowoomba & South West QLD

- ◆ Triple M Toowoomba Mayoral Carols by Candlelight December 3
- ◆ Forest Hill Christmas Festivities December 8
- ◆ Gatton Christmas Festival December 15

North QLD

- ◆ Christmas in the Park Mossman December 9
- ◆ Cairns Carols by Candlelight December 10
- ◆ Townsville Christmas Festival – Stable on the Strand December 18 – 22

Wishing each of you a Merry Christmas and Happy New Year

from all of us at Time for Grandparents

Les, Dulcie, Joanne, Sharlene, Christine, Molly, Paul & Kym!

Seniors Enquiry Line and Time for Grandparents program would like to take this opportunity to let you know that this office will be

closed from Friday, 22 December 2017 and will

re-open Tuesday, 2 January 2018.

Please remember that should you require any urgent assistance over the

Christmas and New Year period please call

Lifeline on 13 11 14 or Parentline on 1300 301 300

Grandparent Useful Contacts

Time for Grandparents Program - 1300 135 500
Centrelink Grandparent Advisor - 1800 245 965
Centrelink Social Workers - 132 850
Kids Helpline - 1800 551 800
Bravehearts - 1800 272 831
Lifeline Crisis Line - 13 11 14
Parentline - 1300 301 300

Beyond Blue - 1300 224 636
ARAFMI - 1800 351 881
Relationships Australia - 1300 364 277
Legal Aid Advice Line - 1300 651 188
National Debt Helpline - 1800 007 007
Family Relationships Advice Line - 1800 050 321
Elder Abuse Prevention Unit - 1300 651 192

Grandparent Support Groups in QLD

In an effort to keep information current, if you find any of these details to be incorrect or if you know of any additional groups, please phone us on 1300 135 500 or email us at grandparentsinfo@uccommunity.org.au

CENTRAL QLD & WIDE BAY

Hervey Bay - Wide Bay Support 4 Grandparents & Carers

Phone: Karen Rogers 0457 857 457

Email: kazzarogers_6439@msn.com

Fortnightly meetings at Hervey Bay RSL for support, care and advice whilst children are being supervised.

SUNSHINE COAST

Bokarina - Grandparents as Parents

Phone: Melissa Evans (07) 5413 1500

As needed meetings for support, information and companionship.

Buderim - Grandparents Raising Children

Playgroup

Phone: Michelle Poole (07) 5453 4938

Email: mpoole@playgroupqld.com.au

Weekly playgroup for any grandparent providing care for their grandchildren under school age to obtain support and interaction from like-minded people.

Gympie - Grandparents and Grandchildren Society

Phone: Helen (07) 5482 9012

Regular meetings and support for grandparent carers.

BRISBANE & WEST MORETON

Lawnton - Grandparent Playgroup

Phone: 07 3889 0063 Encircle, Neighbourhood Centre

Meets 9:30am to 11:30am each Wednesday. Information, support and a grandchildren's playgroup. Gold coin donation.

Ascot - Grandparent Playgroup

Phone: 1800 171 882

Weekly meetings for you to socialise with other grandparents and for your grandchildren to enjoy spending time with other children.

BRISBANE & WEST MORETON

Deception Bay - Grandparents Support Group

Phone: (07) 3204 2022

Fortnightly meetings for support, care and advice whilst children are being supervised.

Eagleby - Grandparents Play Community

Phone: (07) 3151 6132

A weekly playgroup dedicated to grandparents and their grandchildren, held each Friday 9.30am - 10.45am.

TOOWOOMBA & SOUTH WEST QLD

Toowoomba - Grandparent Support Group

Phone: May Benstead 0439 717 586

Support for grandparents.

GOLD COAST

Broadbeach Waters - Grandparents & Grandkids Support

Phone: Maree Newman (07) 5504 6178

Information and support for grandparent carers, regular meetings on 3rd Tuesday every month.

Nerang - Grandparent Carers Support Group

Phone: Maree Newman (07) 5504 6178

Email: goldcoast@carersqld.asn.au

Meetings from 9.30am to 12pm on 3rd Tuesday each month.

Disclaimer: The materials and information included in this edition of the "Grand Matters" newsletter are provided as a service to you and do not necessarily reflect endorsement by the Time for Grandparents program. The Time for Grandparents program is not responsible for the accuracy of information provided from outside sources. Groups and workshops detailed in this flyer are for your information and are not coordinated by or connected to Seniors Enquiry Line or the Time for Grandparents Program in any way unless specified. If you know of a support group that is not listed, please let us know.